



THE ESSENCE OF LIFE

Every moment of every day, our blood delivers oxygen and nutrients to nourish every cell in our body. It is a key player in our body's ability to fight infection, heal wounds, circulate hormones and even remove waste. Keeping our blood healthy and oxygen-rich is extremely important to our overall wellbeing.

ARE SUPPLEMENTS RIGHT FOR US?

Usually we can count on a balanced diet to ensure we get the vitamins and minerals we need. However, for some of us this isn't always possible. Strict vegetarians, for example, are more likely to be at risk for a Vitamin B12 deficiency because it is almost only found in foods from animal sources, such as meat, fish and dairy products. It's a good idea to talk to a health care professional to ensure we're getting all the vitamins and minerals we need to stay healthy. Our pharmacists can help select the right supplements for each person.

Vitamins and natural health products can interact with your medication or be contraindicated in certain conditions. Consult your health care professional to find the product that is right for you, in accordance to your needs and health condition, as well as contraindications and possible side effects.

BLOOD

	FERROUS GLUCONATE 306 MG TABLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	100

Active ingredient

Iron (Ferrous Gluconate). Each tablet contains 35 mg of elemental iron.

Properties/Uses

A factor in the maintenance of good health. Helps form red blood cells and prevent iron deficiency anemia.

Directions (adults)

1 tablet daily with a meal, a few hours before or after taking other medications, or as recommended by your health care professional.

Notes:

	FERROUS SULFATE 300 MG TABLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	100

Active ingredient

Iron (Ferrous Sulfate). Each tablet contains 60 mg of elemental iron.

Properties/Uses

A factor in the maintenance of good health. Helps form red blood cells and prevent iron deficiency anemia.

Directions (adults)

1 tablet daily, preferably with a meal or as recommended by your health care professional. Take a few hours before or after taking other medications.

Notes:

	VITAMIN B12 CYANOCOBALAMIN 100 MCG TABLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	100

Active ingredient

Vitamin B12 (cyanocobalamin).

Properties/Uses

A factor in the maintenance of good health. Helps the body metabolize fats, proteins and carbohydrates. Helps form red blood cells.

Directions (adults)

1 tablet, 1-4 times daily or as recommended by your health care professional.

Notes:

	VITAMIN B12 250 MCG TABLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	100

Active ingredient

Vitamin B12 (cyanocobalamin).

Properties/Uses

Helps to form red blood cells and helps the body metabolize fats, proteins and carbohydrates.

Directions (adults)

1-4 tablets daily or as recommended by a physician.

Notes:

	VITAMIN B12 1,200 MCG TIMED-RELEASE TABLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	80

Active ingredient

Vitamin B12 (cyanocobalamin).


Properties/Uses

Helps to form red blood cells and helps the body metabolize fats, proteins and carbohydrates.

Directions (adults)

1 tablet daily or as recommended by your health care professional.

Notes:

	VITAMIN B12 METHYLCOBALAMIN 1,000 MCG SUBLINGUAL TABLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	100

Active ingredient

Vitamin B12 (methylcobalamin).

Properties/Uses

A factor in the maintenance of good health. Helps the body metabolize fats, proteins and carbohydrates. Helps form red blood cells.

Directions (adults)

Dissolve 1 tablet daily under the tongue or as recommended by your health care professional.

Notes:
